

In the Claims

1-11. (cancelled)

12. (new) A seat comprising

a backrest;

a headrest adjustable in height and tilt relative to said backrest, said headrest having a front surface facing an occupant of the seat and a rear surface facing away from the occupant;

a pivot axis for tilt adjustment of said headrest mounted on a guide component mounted on said rear surface and extending away from said front surface, said guide component and said pivot axis being stationarily mounted to said backrest; and

a longitudinal guide mounted on said rear surface and displaceably engageable with said guide component for height adjustment, said longitudinal guide being an integral component of said headrest, said longitudinal guide and said guide component being mounted between said pivot axis and said rear surface.

13. (new) A seat according to claim 12 wherein

a catch positioning mechanism releasably couples said longitudinal guide and said guide component.

14. (new) A seat according to claim 13 wherein

said catch positioning mechanism comprises a spacing component located in said longitudinal guide, said spacing component having recesses; and

a prestressed catch component of said guide component being releasably engageable in said recesses.

15. (new) A seat according to claim 12 wherein

at least one energy accumulator extends along said longitudinal guide and is coupled at a first point thereof to said guide component and at a second point thereof to a lower side of said headrest.

16. (new) A seat according to claim 15 wherein
said energy accumulator is a tension spring.

17. (new) A seat according to claim 15 wherein
a seating component is detachably connected to said headrest and coupled to said energy
component at said second point thereof.

18. (new) A seat according to claim 15 wherein
said guide component comprises a recess receiving said energy accumulator, with said
energy accumulator being integrated with said guide component in a fully extended position of
said headrest.

19. (new) A seat according to claim 12 wherein
said headrest comprises a base component and two side components mounted to said base
component for movement between angular positions relative thereto; and
locking mechanisms on said base component and said side components secure said side
components in selected angular positions.

20. (new) A seat according to claim 19 wherein
said locking mechanism is a catch mechanism.

21. (new) A seat according to claim 12 wherein
said pivot axis comprises a friction coupling mounted on said guide component and
fastening said headrest to said guide component.

22. (new) A seat according to claim 19 wherein
said base component and said side components comprise laminar molder parts.

23. (new) A seat according to claim 22 wherein
said base component comprises a central recess with height and tilt adjustment mechanisms on both sides of and adjacent to said central recess along said base component and facing said side components.

24. (new) A seat according to claim 19 wherein
said base and side components have exterior padding.

25. (new) A seat according to claim 24 wherein
said padding on one of said side components has a light fixture seated therein.